

Primary Prophylaxis for CAD: Statins and Aspirin

Framingham Heart Study

- Framingham score uses age, gender, HDL and total cholesterol, smoking status, systolic BP and whether or not patient is on BP therapy to calculate 10 year risk for MI
- Epic smartphrase: “.Framingham”

Aspirin: Who to treat from UpToDate

- For low-risk patients (ie, men and women whose 10 year absolute risk of a first coronary heart disease event is <10 percent), the absolute benefit of a reduction in cardiovascular events is unlikely to exceed the absolute risk of major bleeding.
- For moderate- and high-risk patients (ie, men and women whose 10 year absolute risk of a first CHD event is ≥10 percent), randomized data on benefits and risks are sparse. As a result, clinical decision making should be done on an individual basis for those individuals in whom the benefits of [aspirin](#) to prevent a first MI are likely to exceed the risk of major bleeding. An informed clinical decision should include whether to add aspirin to other preventive measures such as statins.

Lipids: Who to screen from USPSTF

- All men aged 35 and older (Grade A recommendation)
- Men aged 20-35 at increased risk for CAD (Grade B recommendation)
- All women aged 45 and older who are at increased risk for CAD (Grade A recommendation)
- Women aged 20-45 who are at increased risk for CAD (Grade B recommendation)
- No recommendation for or against routine screening in men aged 20-35 or in women aged 20 and older.

Lipids: Who to treat from ATP3 Guidelines (9 steps total, condensed here)

- Measure fasting LDL
- Identify CHD risk equivalents in your patient (clinical CAD, symptomatic carotid artery disease, peripheral artery disease, AAA, diabetes)
- Determine presence of major risk factors (HTN, smoking, low HDL, premature CAD in family, age; men >45, women >55.)
- If 2+ risk factors, calculate Framingham score
- See chart to determine LDL goal for various levels of risk and initiate statin therapy as appropriate.

Risk category	LDL goal	When to start statin
10 yr risk >20%	<100	LDL >130
10 yr risk 10-20%	<130	LDL >130
10 yr risk <10%	<160	LDL >190

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References

UpToDate: Overview of primary prevention of coronary heart disease and stroke

http://www.uptodate.com/contents/overview-of-primary-prevention-of-coronary-heart-disease-and-stroke?source=search_result&search=cad+prophylaxis&selectedTitle=1~150

<http://www.nhlbi.nih.gov/guidelines/cholesterol/>

<http://www.uspreventiveservicestaskforce.org/uspstf/uspschol.htm>

Waiting for the National Cholesterol Education Program Adult Treatment Panel IV Guidelines, and in the Meantime, Some Challenges and Recommendations. Martin, SS et al. Am J Cardiol. 2012 Jul 15;110 (2):307-13.